

Lime Couscous with Summer Veggies

Submitted by Jay Hinkel

Ingredients

1 – 10 oz. pkg couscous	1 red pepper, cut in 1 inch cubes
4 med. Carrots, chopped (2 c.)	¼ c. olive oil
1 Tbsp. olive oil	1 Tbsp. honey
2 med. Zucchini and or yellow squash, quartered lengthwise and chopped into 1 inch pieces	1 tsp. salt
½ c. lime juice	½ tsp. course black pepper
6 green onions, sliced into 1 inch pieces, including tops	½ c. chopped walnuts, toasted
	2 oz. shaved Parmigiano-Reggiano cheese

Directions:

1. Prepare couscous according to package directions.
2. In a large skillet, cook and stir carrots and red pepper in hot oil for 2 minutes. Add zucchini and green onion; cook and stir for 6 minutes or until veggies are tender.
3. Transfer couscous to a large bowl and fluff with fork. Add veggie mixture and stir.
4. in a lidded container, combine lime juice, oil, honey, salt and pepper. Cover and shake well. Pour over couscous mixture and toss. Top with walnuts and cheese. Makes 6 servings.

Amount Per Serving	
Calories	474.9
Total Fat	27.7 g
Saturated Fat	1.0 g
Polyunsaturated Fat	10.6 g
Monounsaturated Fat	10.1 g
Cholesterol	8.3 mg
Sodium	488.2 mg
Total Carbohydrate	48.1 g
Dietary Fiber	5.9 g
Sugars	7.5 g
Protein	12.8 g